

KAISER IS CLOSE TO WARSAW. THE KAISERIN WILL JOIN HIM AND ENTER CITY WITH ARMY

German Shells Are Already
Falling Upon the Outer De-
fenses of Polish Capital.

RUSSIANS FIGHTING ON.

Stubbornly Resisting Advance
Behind an Intricate System
of Wire Entanglements.

BERLIN (via The Hague), July 21.—German shells are falling on the outer defenses of Warsaw. Despatches from the front predict the fall of the Polish capital within a fortnight. The Russians are expected to evacuate when the rapidly advancing German armies break through the outer chain of defensive works encircling the city at a distance of seventeen miles.

The Kaiser has arrived at the headquarters of Gen. von Hindenburg. The Kaiserin will leave for Posen on Friday, and it is understood she plans to enter the Polish capital with the Emperor when von Hindenburg's triumphal sweep carries the Germans into Warsaw.

The Vossische Zeitung estimated to-day that since the beginning of the war drive on Warsaw the Germans have captured 175 officers and 46,790 men, remarking that "this is a nice start."

Berlin is wild with excitement over the succession of victories that is sweeping the Russians from Poland. Not since the drive on Paris last fall have the bulletin boards been surrounded by such eager crowds. The popular belief is that Germany is striking a tremendous blow that may bring a speedy ending of the war.

Both north and south of Warsaw the jaws of the great German fighting machine are slowly closing in upon the Polish capital. Pressing southward near Ostrolenka, von Hindenburg's left wing was within two miles of an important railway leading to Warsaw when the last despatches were filed at the front.

Gen. von Gallwitz is closing in upon the fortress of Plesk, thirty miles north of Warsaw and the last Russian stronghold, barring the sweep southward to the Bug. News of the fall of Plesk is hourly expected.

Twenty miles northwest of the capital German gunners have opened the bombardment of Novo Georgiewsk, a key to the outer defenses of the city, while German infantry are attacking furiously in the angle between the Vistula and Vkra Rivers.

South of the Vistula a desperate battle is raging on the railway between Blonie and Josefow, where the German advance guard is less than fifteen miles from the heart of Warsaw. The Russians are stubbornly resisting the German advance from behind the most intricate system of wire entanglements and trenches yet faced by the Germans in their movement against the capital.

Along the front south and south-east of Warsaw the advance on Lublin and Grojec continues satisfactorily, according to meagre despatches from that front.

A despatch to the Lokal Anzeiger from Czernowitz, capital of Bukowina, reports heavy fighting along the Dniester River near the Bukowina-Galicia border. The Russians brought up heavy reinforcements and made determined attempts to retake positions on the left bank of the river which had been captured by the Austrians. They were supported by heavy artillery, but the despatch says their attacks gained them nothing.

Along the Besarabian front also the Russians are on the offensive, having made desperate attacks during the last four nights. They succeeded in breaking into the Austrian positions in one place, but the attacking forces subsequently were captured, and here, as elsewhere, the Russians were unable to make gains. The battle of Monday night lasted six hours, during which the Russians made eight assaults at many points.

According to despatches reaching Berlin all the official archives in Riga, the Russian Baltic port now threatened by the Germans, together with the cash of State banks and court records, were taken to Petrograd Monday. Government officials have been advised to be ready to depart. It is said more than 10,000 inhabitants of the city fled last week.

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WHAT EVERY WOMAN SHOULD KNOW!

How to Keep Well, Keep Strong and Keep a Perfect
Figure, Told in a Series of Illustrated Lessons

To-Day's Illustrated Lesson
Aids the Choice of
Foods Thin Women
Should Eat and Gives
Massage Movements
for Filling Out Thin
Necks.

Because of her perfect physical proportions, Pauline Furlong has been named the "American Venus." She is the author of "Beauty Culture at Home," and is an authority on all questions of woman's physical well-being. She will give a course of lessons to the women readers of The Evening World this summer on "How to Make Yourself Well and Strong and Preserve Your Figure."

LESSON XX.

By Pauline Furlong.
In any effort to obtain an increase in weight for the thin woman it must be remembered that she is likely to be suffering from weakness of the stomach or intestines, as well as from nervousness. Therefore, while there must be rich foods in her diet their richness must be comparatively easy to digest.

FATS, SWEETS AND STARCHES IN DIET FOR THIN WOMAN.

It is wiser for her to treat herself to the fats, sweets and starches her system needs when these appear in simple rather than compound forms. For instance, the sweet of honey, of jam, of maple syrup is better for her than rich fruit cake or steamed fruit pudding. Thick slices of light white bread, spread thickly with butter, will probably do her more good than pastry in which butter has been lavishly used. She had better eat her vegetables and fish with cream sauces, rather than with the elaborate productions of a French chef.

Really, the summer is an admirable time for her to start her course in developing, just as it is also the psychological moment for the stout woman's course in reduction. The two mainstays of the developing diet, milk and eggs, are more easily and cheaply procured at this time of year than at any other season. And the dishes which may be made from them are delicious eating, these hot days. All the custards, all the desserts in which whipped cream plays the largest part are manna for the woman who is trying to gain weight. So is ice cream, particularly if it is made with eggs, in the French fashion. Then, indeed, it is almost perfect nourishment, for the milk, eggs and sweet are all present.

It will do the thin woman no harm to drink clean, cool, rich milk between her meals, if she can procure it and if it is not distasteful to her. If she prefers she may take malted milk; three glasses a day are none too many. The plain milk will perhaps digest more readily if she borrows a trick from the nursery and puts a teaspoonful of lime water in each glass.

Egg-and-milk, beaten up together, is good food for the thin woman; flavor it with chocolate if it falls after a time. A tablespoonful of olive oil and one of grape juice should be taken every night and morning. If the digestive apparatus does not rebel, take a tablespoonful of cod liver oil after each meal. Eat all the candy you want, if it is made of pure substances and under good conditions. Homemade candy is often richer and healthier than that which you buy.

MENU SHOULD BE CHOSEN FOR DEVELOPMENT NEEDED.

It is not what you eat, but what you assimilate that really helps your physical condition—remember that. You must aim at taking in the system just the quantity and quality of food from which your blood can extract the highest nutritive values, to be turned later into firm, healthy, muscular tissue and well-balanced energy. By experiment and observation each thin woman must draw up her own menu from the generous list of foods recommended for her general type of development.

They were easy and gentle exercises with the dumbbells which I prescribed to the thin woman yesterday and the day before. Yes, if she persists in them and in her deep breathing exercises she will find strength—real, sound strength, not nervous tension returning to languor. And then, undeveloped, unbalanced but will grow fuller and firmer; her lean arms will round; her sharp, hollow shoulders will become padded; her thin, undeveloped muscles will be filled with healthy muscle flesh.

A thin, scrawny, unlovely neck is another part of her body which the thin woman wishes to develop. In these days of low, open collars, showing mercilessly all the throat and not a little of the chest, it is more than ever important that these portions of the anatomy be pleasingly covered with flesh.

For effecting this result there is nothing better than gentle massage movements. As I told you the other day, "Massage will either develop or reduce the parts to which it is applied." Hard, firm strokes cause the parts to waste by destroying the fatty cells of which the tissues are composed,



while easy gentle pressure builds up the tiny cells and causes gradual development by promoting the circulation and the blood supply to the wasted parts.

MASSAGE MOVEMENTS TO FILL OUT THIN NECKS.

Four of the massage movements for a thin neck are pictured to-day. In poses No. 1 and No. 2 the massage consists in a simple pressure. Sitting erect in a straight-backed chair with your body well poised from the hips, bend your head forward as far as possible, moving only the neck and not the shoulders. Clasp your hands behind your head and, as you lift it to position, oppose the movement with your downward pressing hands.

Pose No. 3 is simply a reversal of this one just described. Sitting on the edge of the chair, lean your head back as far as possible, clapping your hands under the chin. Exert a strong backward pressure with your hands as your head moves forward and up. In the third exercise, holding the head erect, place the open left hand against the side of the head. Then bend the head over the left shoulder, resisting the motion with the hand. Repeat the movement, turning the head to the right against the pressure of the right hand.

In the final exercise place both open hands against the head, one on either side, and turn it alternately to the right and the left, always opposing the turn to the right with the right hand and the turn to the left with the left hand.

These exercises are extremely easy and do not bring fatigue readily. They should be repeated from ten to fifty times. They will fill out and strengthen the thin, insufficiently developed neck, in which perhaps the cords and wrinkles are beginning to appear. The exercises should not be continued after the neck has been put in good condition, as it may be developed to an unbecomingly and unnecessary extent.

Letters From Evening World Readers Following Miss Furlong's Lessons.

MRS. L. J. S. asks: "Can you help me to reduce to 115 pounds? I am 5 feet 1 inch and weigh 140. I cook, wash, iron, climb four flights of stairs a day and play with the children. Are any exercises more strenuous than those?"

If you will follow my diet published June 29 and July 3 and eat much less than has been your custom, you will surely lose weight. Practice the bending and swaying exercises published July 9 and the massage illustrated July 10 to reduce the obese abdomen. These muscles are not brought into play during your daily duties.

ROSLYN K. asks: "How can I reduce my thighs?"
Practice the leg circling printed June 30.

MRS. M. P. R. writes: "If I use camphor to massage large breast, will it dry up the blood?"
Use alum water or alcohol instead. Camphorated oil is also good and not so strong as plain camphor.

MRS. R. K. asks: "Will you publish exercises to reduce the hips? I am not too stout anywhere else."
The rolling exercises illustrated on July 5 are best for you.

NERA L. asks: "Please publish a diet to make me thin."
This was published June 29 and July 3.

V. F. asks: "How can I reduce flesh

WAR NEWS IN BRIEF

There is no halt, so far as official reports indicate, in the Teutonic drive aimed at Warsaw and having as a larger motive the infliction of a crushing blow upon the Russian armies. It is said the Kaiserin is to join the Kaiser and plans to enter the Polish capital with him.

Latest official statements showed the Germans under the guns of the fortress of Nowo Georgiewsk, the key to Warsaw on the north and only nineteen miles from the city. Further north, the fortress of Ostrolenka fell.

In the Baltic provinces the impressive German advances continued. This is possibly intended to cut in on Russian lines of communication and prevent a successful retreat of their armies from the Warsaw region.

The Austro-German advance through Southern Poland is steady so far as reports show. The important communication lines in the Lublin region have not been pierced.

Continued advances by the Italians in the Isonzo region are reported from Rome, the most notable gain of ground claimed being on the Corso Plateau. The Austrian War Office denies that the invaders are making progress.

The South Wales coal strike has definitely ended with the acceptance by the miners of the settlement agreement.

MAN 21 YEARS OLD HAS MIND OF A CHILD ONLY HALF THAT AGE

Alexander M. Ross Declared
Incompetent to Manage
Estate of \$300,000.

Alexander M. Ross, twenty-one years old, and possessing an estate of more than \$300,000, was to-day declared incompetent to manage his property and property by a Sheriff's Jury before Commissioner Frederic R. Coudert in the Sheriff's court room, No. 61 Chambers Street.

Young Ross, who for three years has been confined in Bloomingdale Asylum, testified before the Commission and stated his willingness to have a committee appointed to look after his property interests.

Testimony was submitted that while Ross is a man in years, his mind is that of a child of twelve years. Miss Welsh, a teacher in the asylum, testified that Ross could not qualify in a class of eleven-year-old boys.

Testimony was also given that he would not develop any larger mentality and that it was necessary to

between shoulders, across chest and under arms? Exercise seems to broaden me."

Exercise will strengthen your muscles and improve your general condition, which is not healthy if you are so fat. Eat light food very sparingly and the fat will gradually disappear.

have a committee appointed to look after his person and property. Ross was married to a servant girl when seventeen years old, and his marriage was annulled. A jury at a former hearing disagreed as to his mental condition.

Lord, Day & Lord of No. 49 Wall Street are the attorneys for the petitioner, Mrs. Florence Potter Shepard, mother of the plaintiff, living at Plainfield, N. J. She is the widow of a wealthy Chicago business man.

The real property of the incompetent is \$134,000, and the personality amounts to \$182,000. His income is \$20,000. Dr. William L. Russell, Superintendent of Bloomingdale Asylum, testified, supported by three other physicians of the staff, that Ross was mentally incompetent and deficient in general intelligence. His behavior is controlled by impulses. He is unable to learn from experience said Dr. Russell.

U. S. LETS CARGO SHIPS USE GUN FOR DEFENSE

Lord Cecil Tells Commons Ruling
Permits Carrying Weapon
Asteron.

LONDON, July 21.—The American Government has issued rules practically permitting merchant ships carrying a gun asteron, purely for defensive purposes, to enter American ports. Lord Cecil, Under Secretary for Foreign Affairs, declared in Commons this afternoon, in response to a query. This action was taken, he said, after the American Government "had been approached on the subject."

Financial Secretary for the Admiralty McNamara said that the Germans have destroyed ninety-five neutral ships since the beginning of the war.

QUEEN OF ITALY AND PRINCESS JOIN KING AT THE FRONT

Rome Reports Heavy Fighting
and Steady Gains Along
the Isonzo.

GORIZIA'S FALL NEAR.

Food Supply in the Fortified
City Is Said to Be Fall-
ing Short.

ROME, July 21.—Queen Helena, accompanied by the young Princess Jolanda, left for the Italian front to-day to spend several days at King Victor Emmanuel's headquarters.

The Princess, who celebrated her fourteenth birthday in June, sent a message to her father urging him to return for the occasion. He replied that it was impossible for him to leave his troops, but that if he was unable to come to Rome within six weeks Jolanda should be permitted to visit him.

Heavy fighting on the Isonzo front north of the Gulf of Trieste, resulting in gains for the Italian forces, is announced in an official statement given out at the War Office.

"Our vigorous offensive all along the Isonzo front continued Monday," says the report, "progress being made especially on the Corso Plateau, where at the end of the day several additional trenches were taken and 500 prisoners, including five officers, captured."

Although fatigued by the sharp and stubborn struggle, prolonged until nightfall, our troops succeeded in establishing themselves rapidly and firmly in the conquered positions and resisted counter attacks made by the enemy during the night. The actions continue to develop.

The situation over the rest of the front is unchanged.

Rome newspapers to-day predicted the early capitulations of Gorizia, known as the "Przemysl of the Isonzo."

Giornale d'Italia declared that the Italians are now winning the most decisive victories of the war all along the Isonzo, occupying strategic positions and inflicting heavy losses on the enemy.

Frontier advices quote refugees arriving from Gorizia as declaring that the city is about to be evacuated. The food supply is said to be running short, the garrison subsisting entirely upon vegetables.

The railway bridge over the Isonzo, between Cervignano and Montebelluna, destroyed by the Austrians in their retreat across the river, has been rebuilt. The first trains passed over yesterday.

KAISER DID NOT SAY
HE WOULD END THE WAR
IN MONTH OF OCTOBER.

BERLIN, July 21 (via London).—The statement attributed to Emperor William, which has appeared in foreign newspapers, that the war would end in October, is stamped by the Tagessblatt as "a plain invention."

The Tagessblatt says it has learned that competent official circles know nothing of such a declaration.

59 TURKISH VESSELS CARRYING MUNITIONS SUNK BY RUSSIANS.

LONDON, July 21.—A fleet of fifty-nine Turkish sailing vessels, laden with war materials for the Turkish army of the Caucasus, has been destroyed by Russian torpedo boat destroyers, according to a despatch from Sebastopol to Reuters' Telegram Company. The sailing vessels were on a voyage to Trebizond, a seaport of Asiatic Turkey, on the Black Sea. The crews of the Turkish ships were made prisoners by the destroyers.

344,749 HAVE IRON CROSSES.

AMSTERDAM, July 21.—The Koelner Zeitung publishes the official announcement that since the beginning of the war 344,749 iron crosses have been bestowed on soldiers of the German army.

It is estimated that seventy miles of ribbon were used in this number of medals.

POSAM JUST WHAT YOU NEED WHEN SKIN AILS

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Posam Soap is the absolutely safe soap for tender, sensitive skin—a daily delight for Toilet and Bath.

For samples, send 4c stamps to Emergency Laboratories, 32 West 25th St., New York City. Sold by all Druggists.—Adv.

BURGLAR HUNT AT HOME OF FORMER MISS GOULD

Alarm Rings in Shepards' Fifth Avenue Mansion, but Search Reveals No Intruders.

A burglar scare at the home of Mrs. Finley J. Shepard, formerly Miss Helen Gould, No. 579 Fifth Avenue, attracted a crowd of policemen, private watchmen and spectators at 2:30 A. M. to-day. The Shepards are at their country home, and the Fifth Avenue mansion is in charge of caretakers.

A burglar alarm went off in the basement, and in a few seconds a woman blew a police whistle out the window. Policemen Lyons and Welsner, whose posts adjoin, were joined by half a dozen other policemen and several private detectives.

The house was searched and the roof inspected, but there was no evidence any one had broken in and the police decided it was a false alarm.

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A glance through the "Flats and
Apartments for Rent" advertising
pages of last Sunday's World will
open the eyes of many as to the
elegance and convenience em-
bodied in New York's modern
multi-family dwelling houses.

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Separate "To Let" Ads.
Were Printed in Last
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More Than in the Sun-
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Apartments in New York's most
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rent for from \$1,000 to \$7,000
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presented.

The Fall renting season is in
full swing. Oct. 1 vacancies are
now being announced.

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